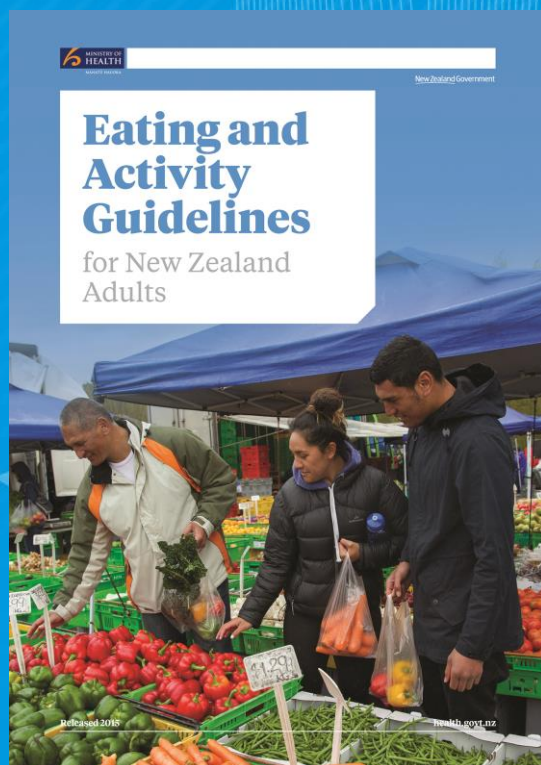


# Eating and Activity Guidelines for New Zealand Adults



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14 April 2016

# Today's presentation

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What the EAGs are



How the EAGs fit with other work



How the EAGs came about



How and why the advice has changed



What next?

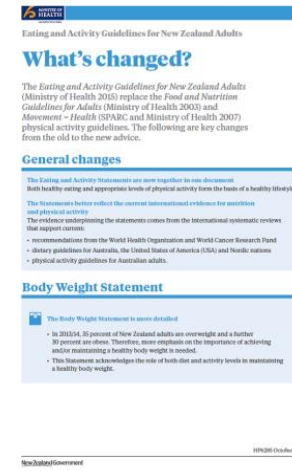
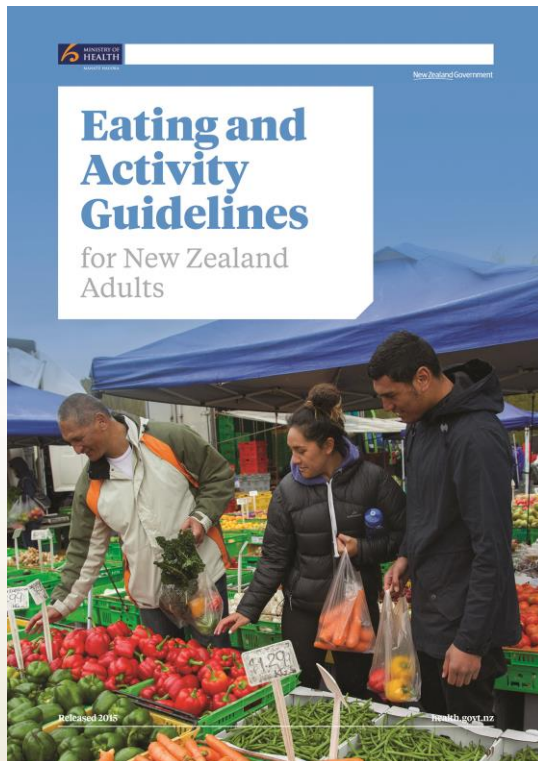


Questions

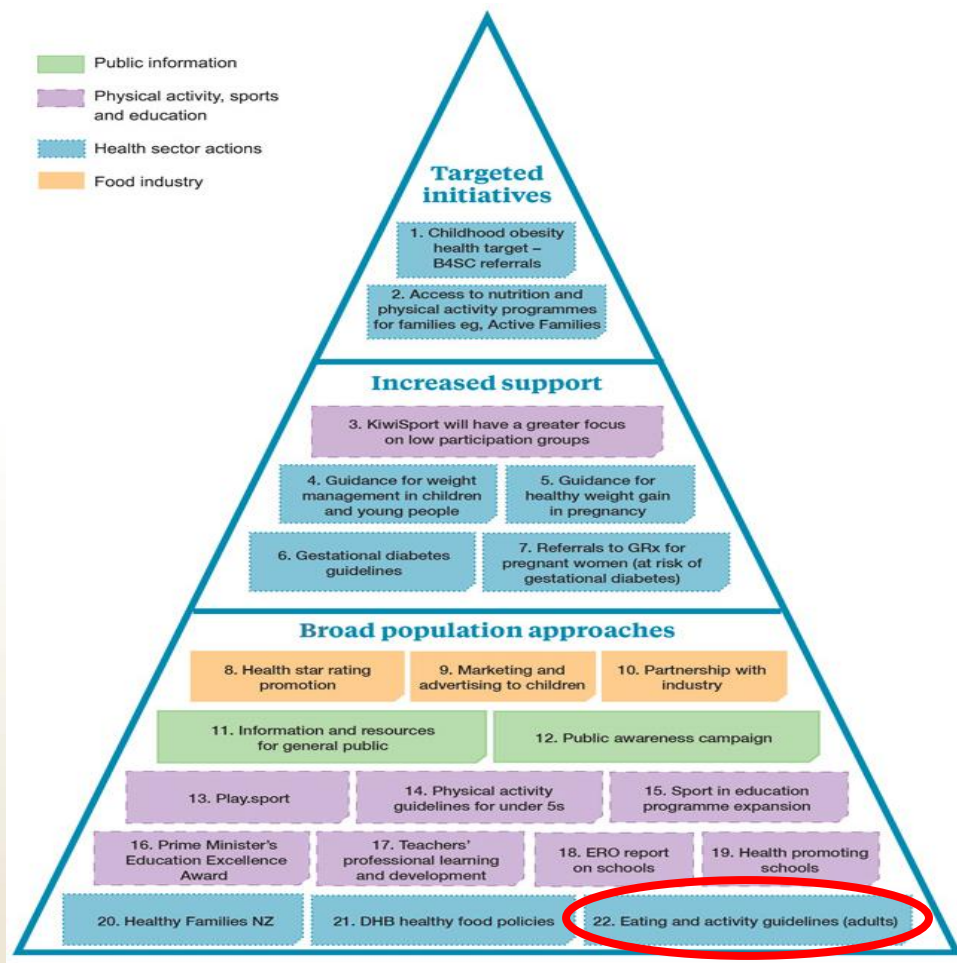
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# Eating and Activity Guidelines



# Childhood Obesity Initiatives



## How the EAGs fit in with other work





# Food and Nutrition Guidelines

2003

## Food and Nutrition Guidelines for Healthy Adults: A Background Paper



2006

## Food and Nutrition Guidelines for Healthy Pregnant and Breastfeeding Women

A background paper



Revised November 2008

2008



## Food and Nutrition Guidelines for Healthy Infants and Toddlers (Aged 0–2) A background paper

Partially revised 2012  
[www.tauwhiri.govt.nz](http://www.tauwhiri.govt.nz)

## Food and Nutrition Guidelines for Healthy Children and Young People (Aged 2–18 years)

A background paper



Released July 2003

[www.health.govt.nz](http://www.health.govt.nz)

## Food and Nutrition Guidelines for Healthy Older People

A background paper

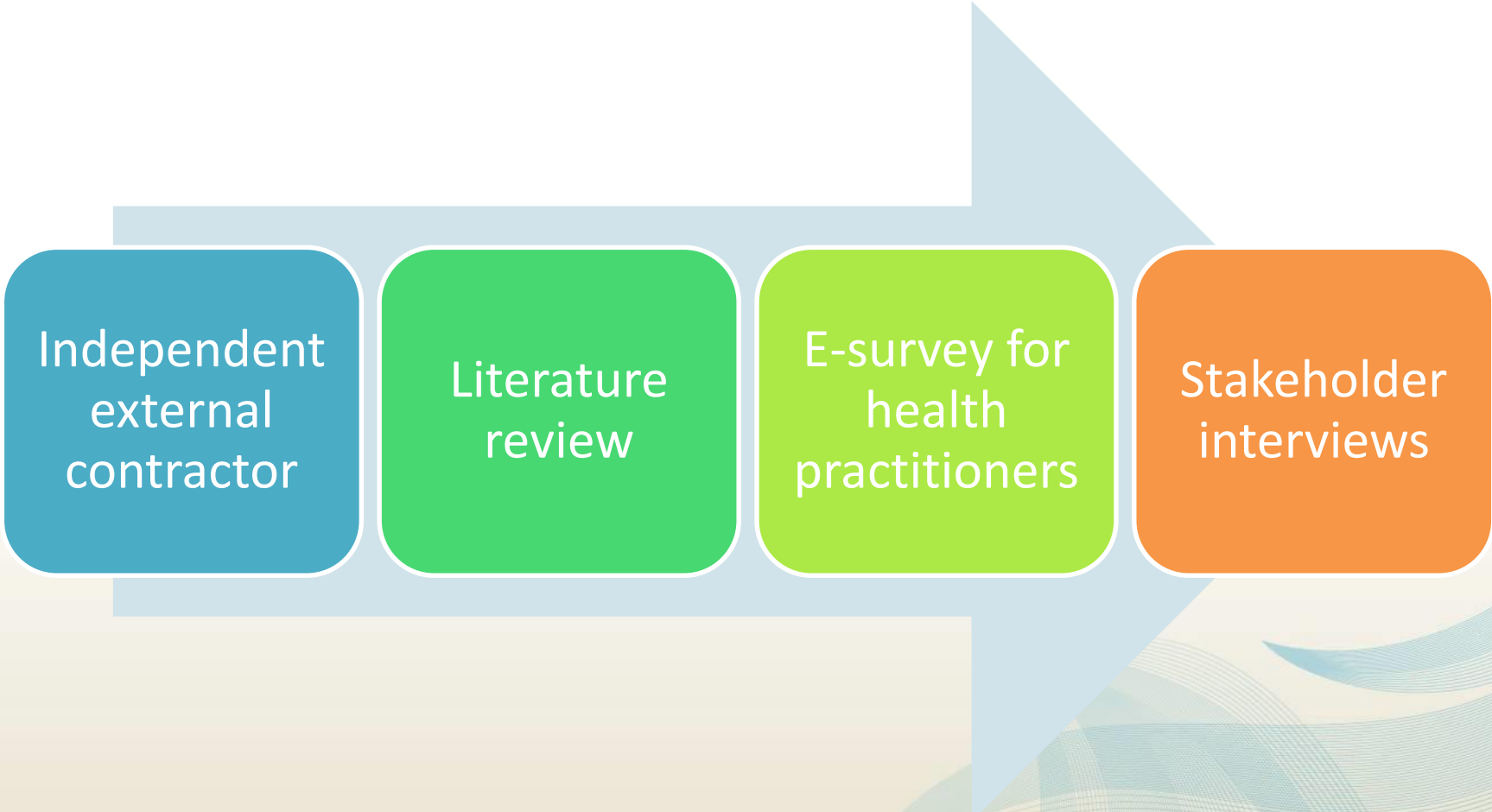


Released January 2003

[www.health.govt.nz](http://www.health.govt.nz)

## 2011 independent evaluation

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Independent  
external  
contractor

Literature  
review

E-survey for  
health  
practitioners

Stakeholder  
interviews

Eating

- to shift the focus from nutrients to real food

## Activity

- to reflect importance of physical activity

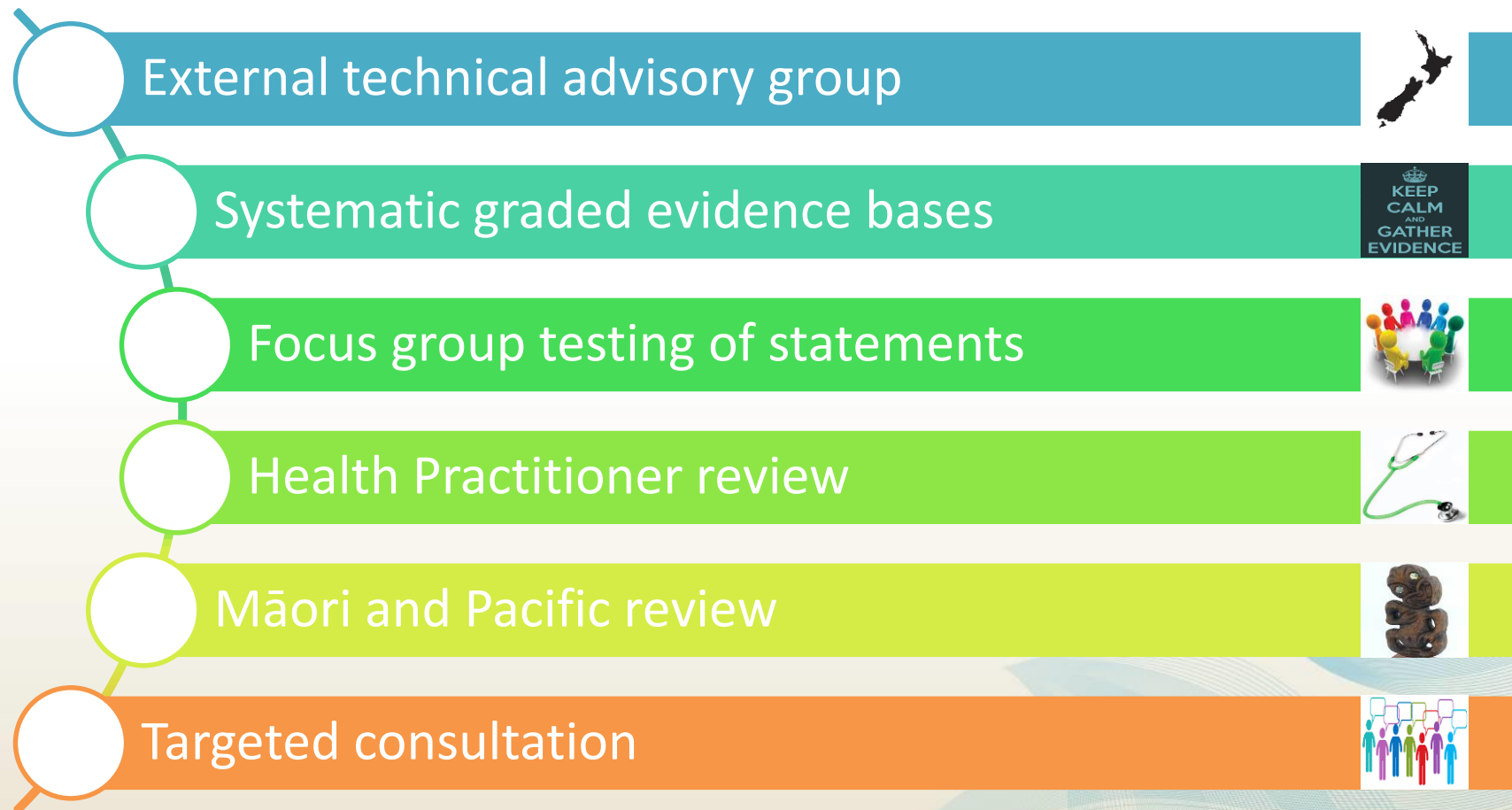
Series

- the central guidelines document, will be supported by other documents that expand on information in the key document or focus on more specific issues





## Eating and Activity Guidelines – process



# Technical Advisory Group

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**Professor Jim Mann** –  
Professor of Human  
Nutrition and Medicine,  
University of Otago,  
(Chair)

**Professor Murray  
Skeaff** – Professor of  
Human Nutrition,  
University of Otago.

**Dr Clare Wall** –  
Associate Professor of  
Nutrition, University of  
Auckland.

**Dr Pamela von Hurst** –  
Senior Lecturer in  
Nutrition, Massey  
University.

**Dr Ofa Dewes** –  
Researcher in Pacific  
Health, University of  
Auckland.

**Dr Zirsha Wharemate**  
(Ngāti Ranginui) –  
Former lecturer in  
Nutrition, Massey  
University

**Delvina Gorton** –  
Former Nutrition  
Advisor, Heart  
Foundation of New  
Zealand.

**Dr Sandra Mandic** –  
Senior Lecturer in  
Exercise Physiology,  
University of Otago.

**Dr Scott Duncan** –  
Senior Lecturer and  
Associate Director of  
the Human Potential  
Centre, AUT.

## Eating and Activity Guidelines – process





# Eating and Activity Guidelines Series

## Central document

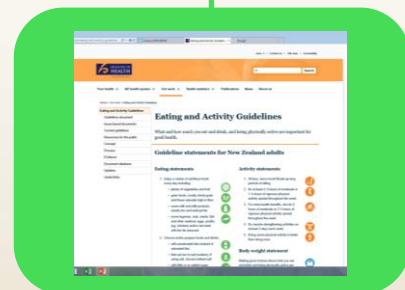
## Health ed resources



## Evidence



## Fact sheets



## Enhanced web presence

## Issue based documents



## What's changed - nutrition?

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More emphasis on choosing better quality grain foods



Meat and plant protein food group renamed



More emphasis on quality than quantity of fat



New advice to choose mostly 'whole' and less processed foods



The body weight statement is more detailed

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## What's changed - physical activity?

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New recommendation to reduce sitting time



Recommendations based on weekly rather than daily activity



Benefits of doing higher-intensity activity recognised



Benefits of doing activity for longer recognised



New recommendation to do muscle strengthening activities

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# What next?



# Questions?

[Eatingandactivityguidelines@moh.govt.nz](mailto:Eatingandactivityguidelines@moh.govt.nz)

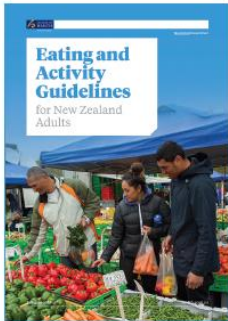
 MINISTRY OF  
HEALTH  
MANATŪ HAUORA

New Zealand Government


## Eating and Activity Guidelines for New Zealand Adults

The Ministry of Health has recently published evidence-based guidelines for health practitioners and others who provide information on eating and physical activity.

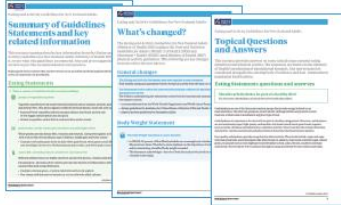
More information on these guidelines, supporting factsheets and resources for the public are available at:  
[www.health.govt.nz/our-work/eating-and-activity-guidelines](http://www.health.govt.nz/our-work/eating-and-activity-guidelines)



HE 1333



HE 1518



[www.health.govt.nz/publication/eating-and-activity-guidelines-new-zealand-adults](http://www.health.govt.nz/publication/eating-and-activity-guidelines-new-zealand-adults)

## Eating and Activity Guidelines – Eating Statements



Enjoy a variety of nutritious food everyday including:

- Plenty of vegetables and fruit
- Grain foods, mostly whole grain and those naturally high in fibre
- some milk and milk products, mostly low and reduced fat
- some legumes, nuts, seeds, fish and other seafood, eggs, poultry (eg, chicken) and/or red meat with the fat removed.



Choose and/or prepare foods and drinks:

- with unsaturated fats (canola, olive, rice bran or vegetable oil, or margarine) instead of saturated fats (butter, cream, lard, dripping, coconut oil)
- that are low in salt (sodium); if using salt, choose iodised salt
- with little or no added sugar
- that are mostly 'whole' and less processed.



Make plain water your first choice over other drinks.



If you drink alcohol, keep your intake low. Stop drinking alcohol if you could be pregnant, are pregnant or are trying to get pregnant.



Buy or gather, prepare, cook and store food in ways that keep it safe to eat.



## Eating and Activity Guidelines – Body Weight Statement

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Making good choices about what you eat and drink and being physically active are also important to achieve and maintain a healthy body weight.

## Eating and Activity Guidelines – Activity Statements

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Sit less, move more! Break up long periods of sitting.



Do at least 2½ hours of moderate or 1¼ hours of vigorous physical activity spread throughout the week.



For extra health benefits, aim for 5 hours of moderate or 2½ hours of vigorous physical activity spread throughout the week.



Do muscle strengthening activities on at least two days each week.



Doing some physical activity is better than doing none.

# Health education resources



Eating and Activity Guidelines for New Zealand Adults

## Summary of Guidelines Statements and key related information

This resource summarises the key information from the *Eating and Activity Guidelines for New Zealand Adults* (Mint). It covers what the guidelines recommend, why they are important, and how to put the recommendations into practice.

Making good choices about what and how much you eat and drink is important for good health.

### Eating Statements

#### 1. Enjoy a variety of nutritious foods every day including:

- **plenty of vegetables and fruit**  
Vegetables and fruit provide many beneficial nutrients and dietary fibre. They protect against conditions like heart disease and cancer. Seasonal fresh vegetables and fruit are great choices, but frozen or low-sugar canned options are also good.  
• Include vegetables and/or fruit at each meal time and as a snack.
- **grain foods, mostly whole grain and those naturally high in fibre**  
Whole grains provide dietary fibre, vitamins and minerals with a lower risk of heart disease, type 2 diabetes, weight gain and some cancers. Examples of healthy grain foods include whole grain bread, oats (porridge), brown rice, wholemeal pasta and noodle.
- **some milk and milk products, mostly low and reduced fat**  
Milk and milk products are highly nutritious and provide calcium, protein and reduced-fat varieties provides the best source of fat and energy (calories).  
• Examples include green- or yellow-labelled milk and low-fat or non-dairy milk alternatives include soy or rice milk etc.

New Zealand Government



Eating and Activity Guidelines for New Zealand Adults

## Topical Questions and Answers

This resource provides answers on some topical issues around eating (nutrition) and physical activity. The responses are based on the Ministry of Health's monitoring of international research. Any new research is considered alongside the existing body of evidence and best population health advice.

### Eating Statements questions and answers

#### Should carbohydrates be part of a healthy diet?

Yes, but some carbohydrates are much better for health than others.

Carbohydrates are one of the three major nutrient groups that provide energy (referred to as macronutrients). The other two groups are protein and fat. Although all three are present in most foods, one of them tends to dominate in any given type of food. Carbohydrates are important in the diet and form part of a healthy eating pattern. However, not all carbohydrates are equal. High-quality, carbohydrate-rich foods include whole grains (such as lentils, chickpeas and baked beans), vegetables and fruit. These foods provide dietary fibre, vitamins and minerals and phytonutrients (beneficial chemicals found in plants). Poor-quality carbohydrates provide energy but few other nutrients. These foods include refined grains and oils, and refined grains like white bread. In addition, many foods contain added sugars, fat and salt such as some highly processed breakfast cereals, cakes, biscuits, or snack foods. These foods are low in nutrients but high in energy and should be eaten in moderation.

New Zealand Government



Eating and Activity Guidelines for New Zealand Adults

## What's changed?

The *Eating and Activity Guidelines for New Zealand Adults* (Ministry of Health 2015) replace the *Food and Nutrition Guidelines for Adults* (Ministry of Health 2003) and the *Physical Activity Guidelines* (SPARC and Ministry of Health 2007). The following are key changes from the old to the new advice.

### General changes

The *Eating and Activity Statements* are now together in one document. Both healthy eating and appropriate levels of physical activity form the basis of a healthy lifestyle.

- The *Statements* better reflect the current international evidence for nutrition and physical activity.
- The evidence underpinning the statements comes from the international systematic reviews that support current recommendations from the World Health Organization and World Cancer Research Fund.
- dietary guidelines for Australia, the United States of America (USA) and Nordic nations.
- physical activity guidelines for Australian adults.

### Body Weight Statement

The *Body Weight Statement* is more detailed.

- In 2014/15, 35 percent of New Zealand adults are overweight and a further 30 percent are obese. Therefore, more emphasis on the importance of achieving and/or maintaining a healthy body weight is needed.
- This Statement acknowledges the role of both diet and activity levels in maintaining a healthy body weight.

New Zealand Government

HN2015 October 2015

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